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Pre-Deployment Hints

- Plan for routine and role changes BEFORE the deployment to help ensure consistency for the child/children.
- Provide developmentally appropriate information about where the parent is and what he/she will be doing.
- Provide the child with an opportunity to share concerns and ask questions about the parent's safety.
- Make plans to maintain parenting and communication at a distance.
- Develop a family plan for ensuring support and self care for non deployed parent/spouse.



Psychoeducation Regarding Developmental Child Reactions

Infants and Toddlers

Responses during deployment

- Poor regulation: eating, sleep, interactions
- Tantrums, irritability and sadness

Responses during reintegration

- Infants may cry, fuss, pull away from returning parent, cling to caregiver
- Toddlers may act shy, clingy, not recognize the returning parent, cry, have temper tantrums, return to behaviors they have outgrown



Psychoeducation Regarding Developmental Child Reactions

Children Ages 3-5

Responses:

- Confusion, surprise, guilt
- Disruptive behaviors/ tantrums
- Regressive behaviors
- Change is stressful
- Take cues from parents



Psychoeducation Regarding Developmental Child Reactions

School-age Children



Responses:

- Sadness, anger, separation anxiety, guilt, loneliness
- Feeling responsible
 - Behavior problems
 - Somatic complaints
 - Attention seeking



Psychoeducation Regarding Developmental Child Reactions

Adolescents



Responses:

- Feeling of rejection, anger, denial
- Growing older = Growing awareness of danger
- Taking on “parental roles”
- “I don’t care”
- Risky behaviors
- Focus on peers
- Concerns about emerging adulthood/ identity/ college/ work etc.

FOCUS Skills Build Stronger Families

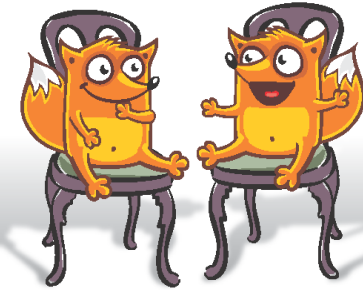
Managing Feelings:

Naming how you feel and calming yourself down



Communication:

Saying what you think, feel, and need and using good listening skills when someone talks to you



Goal Setting:

Making a plan to achieve something that you want to do



Problem Solving:

Identifying problems and creating solutions to them



Coping with Deployment Reminders:

Learning how to manage challenging thoughts and experiences



FOCUS Service Tracks

- Family Resiliency Training

- Couples Training
- Family Training, EC - Young Child (3-5 years old)
- Family Training - Children and Teen (6 -18 years old)



- Services are tailored to individual family strengths and risk, and include an evaluation component to monitor outcomes and effectiveness.

Education Woven throughout Training Sessions



- Combat & operation stress continuum for families
- Children and deployment
- Parenting under stress
- Impact on couple's relationship
- Strengthening family routines and skills
- Managing combat reactions and reminders
- Highlighted in parent only sessions.

FOCUS Services are:

- ✓ Confidential
- ✓ Free for active duty and local activated Reserve Families
- ✓ Available any time before, during, or after a deployment or other transition
- ✓ Customized to your unique challenges and strengths
- ✓ 2 locations throughout Oahu:
 - JBPHH
 - MCBH Kaneohe Bay

Questions



FOCUS

Families OverComing Under Stress



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